

Women and Events

Phone 38 between 10 a. m. and 6 p. m.

MAXIMS FROM POOR RICHARD'S ALMANAC.

God helps them that help themselves.
He that drinks fast pays slow.
It is hard for an empty sack to stand upright.
Silks and satins, scarlet and velvets, put out the kitchen fire.
Three may keep a secret, if two of them are dead.
A good conscience is a continual Christmas.
He that by the plow would thrive Himself must either hold or drive.
Early to bed, early to rise, Makes man healthy, wealthy and wise.
Benjamin Franklin. Poor Richard, "excessive poor," whose wife was "good woman, excessive proud," will have his two hundred and fifteenth birthday anniversary celebrated tomorrow in many places by state statute as a holiday and nationally as the first day of "thrift week." In Pensacola there has been no organized movement for the observation of the week such as that of last year, but in a number of the schools the natal anniversary of the poor tallow-chandler's son, who became an ambassador to the courts of kings, will be suitably commemorated. At the closing exercises of one of the grammar schools of the city last May, in one of the most inspiring talks ever given here on such an occasion, Mr. Harry Thompson wore his address, as speaker of the evening, around the life of Goodman Richard, developing the thought that though the lives of others of our national heroes, such as Washington, who came of a wealthy family, and Jefferson, who in his own right was not a poor man and who had acquired greater temporal prosperity by marriage, might from the very fact of the advantage of wealth, which they had, not stimulate boys and girls less fortunate. No young American could be poorer than Franklin, who was a penniless boy, yet by his perseverance, self-reliance and thrift became one of the greatest men in our history.

PRISCILLA CLUB TO MEET WITH MRS. BRINK.
The Priscilla Club of the First Christian church will meet with Mrs. F. A. Brink at her home, 1212 E. Levee, at 2:45 o'clock Tuesday afternoon. As this is the first meeting of the new year, all members are urged to make a particular effort to be present. All visitors in the city, who are members of the Priscillas in their home churches, as well as friends locally, are invited to be present at this meeting.

ACTIVITIES OF THE HOME ECONOMICS COMMITTEE OF THE WOMAN'S CLUB.
On Feb. 2, the home economics committee of the Woman's Club will hold a most interesting meeting. Made-over garments will be exhibited on this occasion, which will be conducted on the same lines of the meeting which was recently a feature of the convention of the Federation of Woman's Clubs, in Tallahassee. All club members are invited to enter this contest and to send in their names to Mrs. J. Walter Kehoe, 19 E. Jackson-st., some time during the week. Entries will be made according to four classifications, viz., women's remodeled dresses, girl's coat or dress, made over from adult's garment; boy's coat or suit, made over from adult's garment; made over hat.

MR. AND MRS. A. GIBSON ENTERTAIN.
The apartment of Mr. and Mrs. A. Gibson, 619 W. Garden-st., was charmingly decorated with ferns and other potted plants Friday evening, when they entertained a few friends with cards. The prize winners were Miss Webb and Mr. Baggett.

In serving the dainty luncheon, Mrs. Gibson was assisted by Miss Mildred Marler, the attractive little daughter of Mr. and Mrs. W. J. Marler.

RESTAURANT TEA ROOM DELIGHTFULLY FILLS NICHE IN SOCIAL AND CIVIC LIFE.
The Restawhite tea room, since its inception in the late summer of last year, has steadily grown in favor, not only as the eating-place for one or two shoppers, or business people to drop in and have a simple beverage and sandwich, and for the every-day diner, whose favorite eating place it has become and who has his choice, at a very reasonable price, of the regular dinner or the a la carte service, but this attractive tea room has been the setting for innumerable times for the prompt table of cards, or has been selected by a hostess for several tables of players, thus relieving her not only of the fatigue of preparing a menu, which nowadays one feels must be characterized by novelties, not only in the way of garnishes but also in the food itself, but also from the trouble and often the expense of securing the tables for the games.

While the ladies of Pensacola have fully appreciated the advantages of the Restawhite, the men have not lagged far in the rear. Many of them have experienced the pleasures of its service and food, first through lunching or banqueting there with some civic or political organization. This acquaintance has made them regular visitors thereafter.

The efficient management of Miss Martha Whiting in the earlier days of the tea room is now being continued with Mrs. Farrar C. Martin, formerly of Natchez, Miss., in charge.

One of the latest ways in which the Restawhite has demonstrated its value in the community life is in the drive now afoot for the Y. M. C. A. Those arranging this financial campaign have found in the tea room just the environment that they want for quietly working out their plans, so that their work will tell on every count, and the energy of the campaigners will not be dissipated at any turn. With the presence of Mr. C. A. Tevebaugh of Atlanta, who arrived about ten days ago, and who is an expert organizer, the workers in Pensacola had two preliminary meetings at the tea room last week. During this week, when the campaign is on in full swing, the ladies at the Restawhite will serve the workers on five different occasions, on two of which the service is to be of banquet proportions. The first of these is on Monday, when the campaign formally opens, and the second on Friday, when it concludes. On Thursday, the ladies in charge of the tea room will be the hostesses with Mrs. Hunter Brown as chairman, as that day has been assigned to the parish workers of Christ church. At the other luncheons, groups of ladies from the different churches will select the waitresses and act as hostesses, but all of the catering will be handled by the Restawhite tea room. As the management expects from 110 to 140 persons at each of these affairs, their ability to handle a small or large number of patrons is readily shown.

In connection with the tea room, a ladies' exchange is also maintained by the ladies, to which a membership fee of \$1 entitles one to membership for a period of six months. A commission of only 10 per cent is required on the sales made.

The Restawhite tea room is directly under the management of the parish workers of Christ church. Some of these ladies are always present, which insures to any lady out shopping by herself an atmosphere in which she will feel perfectly at ease.

MRS. COOPER TO LEAD THE MISSIONARY SOCIETY.
At the meeting of the Woman's Missionary Society of the Gadsden Street Methodist church, which will be held at the church Tuesday afternoon at 3 o'clock, Mrs. L. C. Cooper will be the leader. This is the regular monthly meeting of the society.

PHILTHEAS OF GADSDEN STREET CHURCH HOLD PLEASANT MEETING.
Thursday afternoon the Philtheas class of the Gadsden Street Methodist church held a business and social meeting at the home of Miss Lucille Nobles at her home on N. Ninth-ave. After the election of officers, the members enjoyed playing a most interesting game, Bargain Counter.

The officers elected were: President, Mrs. George Mendonall; vice-president, Mrs. J. J. Nunlee; secretary-treasurer, Mrs. C. A. Scott; recording secretary, Mrs. James Gingles; reporter, Mrs. J. E. Williams; teacher, Mrs. Winston E. Wheat; assistant teacher, Mrs. Ira Swearingen; substitute teacher, Mrs. G. W. Grimley; membership committee, Mrs. C. L. Brigman, Miss Olive Greary, Mrs. T. Carl Johnson; sick committee, Mrs. George Gingles, Mrs. J. Thigpen, Mrs. E. H. Gavin.

WOMAN'S AUXILIARY OF CHRIST CHURCH TO MEET.
The Woman's Auxiliary of Christ church will meet Monday afternoon at the residence of Mrs. Clement Blount, 254 W. Gonzalez-st., at 4 o'clock. All members are requested to be present at this meeting.

ENGAGEMENT AND APPROACHING MARRIAGE OF MISS PAULINE MULLER.
Mr. and Mrs. Henry Muller of 339 E. Gregory-st. announce the engagement and approaching marriage of their daughter, Pauline Elizabeth, to Mr. Dietrich John Grimm, the wedding to be an event of Wednesday, Jan. 13, at the Lutheran church at 11 o'clock in the morning. Mr. Grimm formerly made his home in Chicago, but is now connected with the Chicago Shipbuilding company in Mobile. Mr. Grimm and his mother arrived in the city yesterday for the wedding. There will be no cards, but all friends are cordially invited to the ceremony.

MISS EVA MAY WHITE TO BE JANUARY BRIDE.
Mr. and Mrs. W. M. White of Mulat, Fla., announce the engagement and approaching marriage of their daughter, Eva May, to Mr. Louis Davis of Pensacola, the marriage to take place Jan. 30 at the home of the bride's parents in Mulat.

CHRISTIAN ENDEAVOR SOCIETIES OF KNOX CHURCH TO MEET THIS EVENING.
The senior and junior Christian Endeavor societies of Knox Presbyterian church will meet this evening at the church at 6:45 o'clock. The subject for each of these meetings will be, "Self Control: How to Get It, and Its Reward," the scriptural text for which is found in I Corinthians, 9:24-27. The seniors will have a roll-road meeting, the "special" leaving at 6:45 o'clock. There will be special music and Mr. A. S. Johnson will be leader. Clyde Stewart will direct the junior meeting. A cordial invitation is extended to every one to be present at these meetings.

NEW CITY THIMBLE CLUB TO MEET THURSDAY MORNING.
The New City Thimble club will have a special meeting Thursday morning at 10 o'clock with Mrs. C. J. Levy as hostess, at her home on N. Davis-st. The ladies are requested to come prepared to spend the day in quilting. A business meeting will be called at 3 p. m. All members are urged to be present.

B. Y. P. U. OF EAST HILL BAPTIST CHURCH HAVE MEETING.
The B. Y. P. U. of the East Hill Baptist church held its regular semi-annual business meeting Friday evening and the following officers were elected for the ensuing six months: President, Mr. Smith; vice-president, Mr. John Penn; recording secretary, Miss Martha Penn; corresponding secretary, Miss Ruth Odum; librarian, Miss Elizabeth Penn; pianist and chorister, Miss Elizabeth Reynolds; leader of group one, Miss Matilda Fleming; leader of group two, Miss Lily Gonnillon.

LOCAL DEPARTMENT OF THE FIRST METHODIST CHURCH TO MEET TUESDAY AFTERNOON.
The local department of the First Methodist church will meet Tuesday afternoon at the church at 3:30 o'clock. A full attendance is requested.

PROGRAM MEETING AT THE FIRST PRESBYTERIAN CHURCH FRIDAY.
The Woman's Auxiliary of the First Presbyterian church will meet at the church next Friday afternoon at 3:30 o'clock. At this meeting, which will be a program affair, Circle Number One of the auxiliary will be in charge and the subject of the afternoon will be "Young People's Work."

TWO NOTABLE BAPTIST LADIES IN THE CITY MONDAY AND TUESDAY.
The Baptist ladies of the city will have the pleasure of having as their guests tomorrow and Tuesday, two of the distinguished leaders of the denomination in the south. Miss Kathleen Mallory, corresponding secretary of the Southern Baptist Woman's Missionary Union, and Mrs. H. C. Peelman, corresponding secretary of the Florida Woman's Missionary Union, will speak tomorrow at 3 p. m. at the East Hill Baptist church and at 7:30 p. m. at the Calvary Baptist church, corner of Tenth-ave and Aragon-st. All day Tuesday, the ladies will hold their sessions at the First Baptist church beginning at 10 a. m. Lunch will be served and at 3:30 p. m. Circle Number Three will have charge of the ladies in conference.

All Baptist ladies, particularly among the tourists now in the city, are especially invited to these meetings. Baptist ladies residing in the vicinity of Pensacola are urged to be present also.

Co-eds at the University of Pittsburgh have voted unanimously for self-government.

THE GROWING CHILD

A Series of Articles Prepared Especially for The Pensacola Journal by the United States Public Health Service, Washington, D. C.

Questions relating to Child Health and to related problems will be answered by experts of the U. S. Public Health Service. Address: Child Health Editor, U. S. Public Health Service, Washington, D. C. (Please mention this newspaper.)

GENERAL HOME CURE.

To secure the best results in health work among children there must be close co-operation between the home and the school. The work of the teacher will be much less difficult if the child has been trained in hygienic habits at home, and the mother will find her efforts supplemented and her work strengthened by the teaching of hygiene in the schools, and the oversight of her child by the medical inspector and school nurse.

Among the factors affecting the health of the child which are entirely controlled by the home, sleep is important. Children from six to ten years should have about ten or eleven hours of sleep in the twenty-four, and from ten to sixteen years the amount of sleep should be about nine hours. Every child should sleep alone (as far as this is possible) in a quiet well-ventilated room. He should go to bed at such an hour as will make it possible for him to secure sufficient sleep and awaken naturally early enough to get to school on time without undue haste or the neglect of any duty he should perform before leaving home. The more outdoor life a child has the better he will sleep usually. On the other hand, a heavy meal in the evening, the use of tea or coffee, much home study in the evening, obstructed breathing, earache, and similar conditions are apt to interfere with the child's sleep.

If a sleeping porch is not available, the windows in the room should be open so that the child may have plenty of fresh air. He may be protected from drafts by the use of screens, and from cold by light covers and hot water bottles when necessary. During the day living rooms and school rooms should be flushed several times with fresh air for a few minutes at a time, by opening the windows.

A child's clothing should be such as to prevent any part of his body from chilling, but at the same time should not be so heavy as to cause him to perspire on slight exertion. The habitual use of too heavy clothing predisposes to "colds," while too thin clothing causes a heavy drain on the child's vitality. To attempt to harden a child by undue exposure is not wise. In winter long stockings should be worn, and the feet should be protected from wetting by rubbers.

The feeding of children is of the greatest importance, and apart from the quantity and quality of the food the time and manner of the meal should receive much consideration. Regularity of feeding should not cease when the child is weaned. Teach him to expect his meals at regular hours, and his appetite and digestion readily adapt themselves to a schedule that is strictly adhered to. Let the meals be cheerful, social occasions. The food is more easily digested when eaten in a happy atmosphere than when consumed in gloom or acrimonious argument.

The question of recreation for a

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